
Rise and Shine!

Dr. Joseph Askin



Are you ready for 2010? You could make the same old resolutions to adopt a healthier lifestyle or spend more time with your family but, if you really want to...

- Increase your energy
- Have more time for what matters
- Enjoy greater peace of mind (and even sleep better!)

Try a different approach! Life coaching is a thought-provoking and creative process that will increase your self-awareness, inspire you to apply your insights in practical ways and help you stay on track.

In addition to one-on-one coaching*, we offer **group coaching** as an economical alternative. Certified life coach, Joseph Askin, MD, will coach you and 2 or 3 others with similar goals for 50-minutes twice per month for three months. Participants share their experiences and learn from each other.

Our next life balance group begins Friday, January 8, 2010 at 2:00 p.m.

Location: The Centre for Sleep and Human Performance
#106, 51 Sunpark Drive S.E.

Fee: \$50.00/session (+GST). Contact Jan at the Centre for Sleep and Human Performance: (403) 254-6663/ patients@centreforsleep.com.

* If you are interested in one-on-one coaching, we would be pleased to give you further information.